

**Supplementary Table 2. Principal component regression between post-exercise systemic hormone AUC and the change in each type 1 CSA, type 2 CSA, and LBM.**

Pre-intervention post-exercise AUC				Post-intervention post-exercise AUC					
	Estimate	SEM	t-value	p-value		Estimate	SEM	t-value	p-value
<b>△ Type 1 CSA</b>				<b>△ Type 1 CSA</b>					
Intercept	636	160	4	<0.01	Intercept	669	145	4.6	<0.01
PC7	-259	182	-1.4	0.16	PC5	352	149	2.4	0.02
	<i>F</i> = 2.02	<i>df</i> = 42	<i>R</i> <sup>2</sup> = 0.05	<i>pv</i> = 0.16		<i>F</i> = 5.63	<i>df</i> = 46	<i>R</i> <sup>2</sup> = 0.11	<i>pv</i> = 0.02
<b>△ Type 2 CSA</b>				<b>△ Type 2 CSA</b>					
Intercept	949	178	5.3	<0.01	Intercept	982	181	5.4	<0.01
PC6	-370	192	-1.9	0.06	PC5	521	185	2.8	<0.01
PC7	-638	203	-3.2	<0.01		<i>F</i> = 7.94	<i>df</i> = 46	<i>R</i> <sup>2</sup> = 0.15	<i>pv</i> < 0.01
	<i>F</i> = 6.8	<i>df</i> = 41	<i>R</i> <sup>2</sup> = 0.25	<i>pv</i> < 0.01					
<b>△ LBM</b>				<b>△ LBM</b>					
Intercept	1.2	0.20	6	<0.01	Intercept	1.2	0.20	6.10	<0.01
PC5	0.3	0.20	1.5	0.14					
	<i>F</i> = 2.28	<i>df</i> = 42	<i>R</i> <sup>2</sup> = 0.05	<i>pv</i> = 0.14					